

OLIN  
GV  
483  
.B56  
v.1

011m  
GV  
483  
B56  
V.1.

A standard 1D barcode with vertical black bars of varying widths on a white background. Above the barcode, the text "CORNELL UNIVERSITY LIBRARY" is printed in a bold, sans-serif font.

DATE DUE

SEP - 1 1963

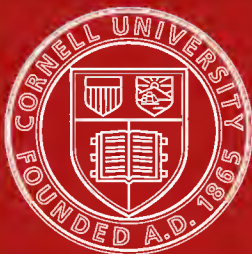
~~SECRET~~

PRINTED IN U.S.A.



In compliance with current  
copyright law, Cornell University  
Library produced this  
replacement volume on paper  
that meets the ANSI Standard  
Z39.48-1992 to replace the  
irreparably deteriorated original.

2002



## Cornell University Library

The original of this book is in  
the Cornell University Library.

There are no known copyright restrictions in  
the United States on the use of the text.

<http://archive.org/details/cu31924096785468>



CORNELL  
UNIVERSITY  
LIBRARY





A SYSTEM OF

# PHYSICAL CULTURE

DESIGNED AS A

## Manual of Instruction

---

FOR THE USE OF SCHOOLS

---

—BY—

CARL BETZ,

Superintendent of Physical Culture of the Public Schools of Kansas City, Mo.

---

### FREE GYMNASTICS.

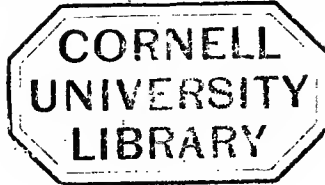
---

KANSAS CITY, MO.,  
"KANSAS CITY PRESSE"  
100 W. 9th Street,  
1886.



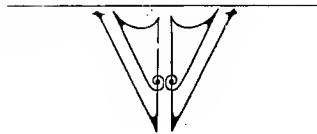
~~9851 E 73.~~

A 22373



	COPYRIGHT APPLIED FOR	
--	-----------------------	--

PHYSICAL CULTURE aims to unfold the natural and symmetrical beauty of the human body, making it fit and capable in every phase of moral life to obey and carry out the will of its supreme master, THE MIND.



## PREFACE TO FIRST COURSE.

---

The system of Physical Culture laid down in this work is based upon the principles of the German "Art of Gymnastics" (Turnkunst).

The author claims his English version of the German system and its application to the Common School System of America to be original.

Although the exercises are identical with those of the German system, the author's work is no literal translation thereof, nor does there exist, to the author's knowledge, any English or American book on Gymnastics, resembling the one here presented to the public.

The little book before us contains *only* the FREE GYMNASMIC EXERCISES of the FIRST COURSE. Similar to this, three other books will be published containing the FREE GYMNASICS of the SECOND, THIRD, and FOURTH COURSES respectively.


It is the author's intention to publish, at an early date, his entire system of Physical Culture. It will embrace Free Gymnastics, Gymnastics with Dumb-bells, Wands, Clubs, &c., Marching, Gymnastics on Apparatus, Popular Gymnastics and Gymnastic Games.

This book, although written especially for the use of Public Schools, is intended as a manual, not only for these, but for every School, College, or Club where the Gymnastic Art is taught and practiced for the culture of the human body.

THE AUTHOR.

*Kansas City, Mo., January 1886.*

---



## PREFACE TO NEW EDITION.

---

The Preface on the opposite page was written to the First Course of Free Gymnastics of the author's System of Physical Culture.


At that time it was the intention of the author to publish the four courses separately, as the little books were chiefly designed to aid him in teaching and superintending Physical Culture in the Public Schools of Kansas City, Mo.

However, the attention his work received, wherever it was presented, induced him to publish the four courses of Free Gymnastics in one volume, without delay, for the benefit of all interested in this branch of education.

Sending his book out into the world the author hopes that it may do some good in developing the bodies of our children and aid in improving the discipline in schools.

THE AUTHOR.

*Kansas City, Mo., February 1886.*



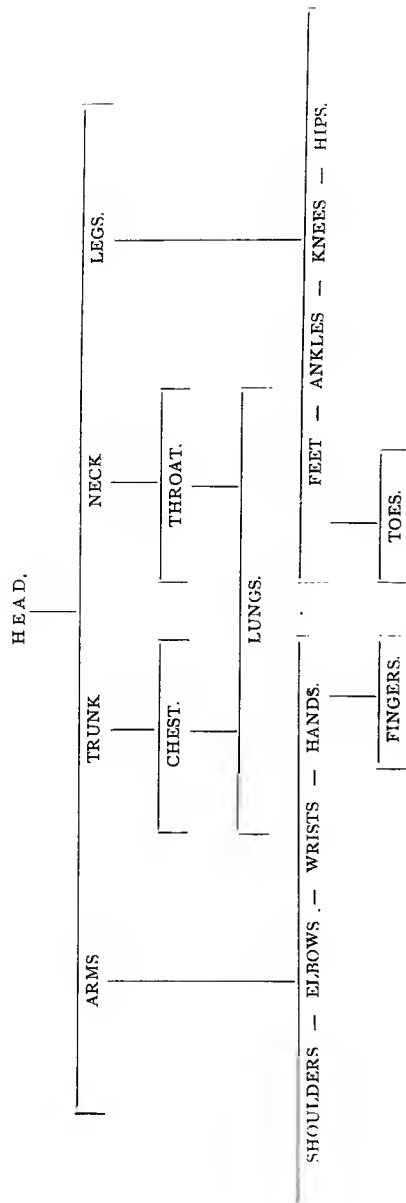
# CONTENTS.

	Page.		Page.
Physical Culture — Definition .....	3	LESSON XII.	
Preface to First Course .....	4	Arm and Hand Exercise (combination) .....	24
Preface to new edition .....	5	Review .....	
Contents .....	6		
Table showing members of the body principally exercised in Free Gymnastics .....	8		
Method of Teaching .....	9	<b>SECOND COURSE.</b>	
Commands .....	10	Combinations—Definition .....	26
Technical Terms .....	11	LESSON I.	
Routine for beginning and closing Lessons .....	12	Trunk Exercise .....	27
Counting .....	12	Foot “ .....	
Musical Accompaniment .....	12	Trunk and Foot Exercise .....	
Duration of Exercise .....	12	LESSON II.	
LESSON I.		Arm Exercise .....	28
		Foot “ .....	
		Arm and Foot Exercise .....	
<b>FIRST COURSE.</b>		LESSON III.	
Positions.		Trunk and Arm Exercise .....	29
Arm Movement .....	14	Foot Exercise .....	
Head Movement .....		Trunk, Arm and Foot Exercise .....	
LESSON II.		LESSON IV.	
Positions.		Arm Exercise .....	30
Foot and Knee Movement .....	15	Arm and Foot Exercise .....	
Arm Movement .....		Trunk and Arm Exercise .....	
LESSON III.		LESSON V.	
Positions.		Arm and Foot Exercise .....	31
Arm Movement .....	16	Trunk and Arm “ .....	
Head Movement .....		Trunk, Arm and Foot Exercise .....	
LESSON IV.		LESSON VI.	
Positions.		Arm Exercise .....	32
Trunk Movement .....	17	Trunk and Foot Exercise .....	
Arm Movement .....		Trunk, Arm and Foot Exercise .....	
LESSON V.		LESSON VII.	
Positions.		Trunk Exercise .....	33
Hand Movement .....	18	Trunk and Foot Exercise .....	
Arm “ .....		Breathing Exercise .....	
Head “ .....		LESSON VIII.	
Breathing Exercise .....	19	Head Exercise .....	34
LESSON VI.		Trunk, Arm and Foot Exercise .....	
Positions.		Arm Exercise .....	
Arm Movement .....	19	LESSON IX.	
Trunk Movement .....		Trunk Exercise .....	35
LESSON VII.		Trunk and Foot Exercise .....	
Positions.		Arm Exercise .....	
Foot Movement .....	20	LESSON X.	
Arm “ .....		Trunk, Arm and Foot Exercise .....	36
LESSON VIII.		Arm, Head and “ .....	
Positions.		Trunk, Arm and Foot Exercise .....	
Trunk Movement .....	21	LESSON XI.	
Walking Exercise .....	22	Arm and Foot Exercise .....	37
LESSON IX.		Trunk and Arm “ .....	
Arm Exercise (combination) .....	22	Trunk, Arm and Foot Exercise .....	
Foot “ .....		LESSON XII.	
LESSON X.		Arm and Foot Exercise .....	38
Head Exercise (combination) .....	23	Head, Arm, Trunk and Foot Exercise .....	
Foot “ .....		Trunk and Arm Exercise .....	
LESSON XI.			
Trunk Exercise (combination) .....	24		
Arm “ .....			

# CONTENTS Continued.

THIRD COURSE		FOURTH COURSE.	
	Page.		Page.
Complex Exercise—Definition . . . . .	40	LESSON I.	
LESSON I.		Trunk and Arm Exercise . . . . .	55
Foot Movement . . . . .	41	Arm and Leg “ . . . . .	
Arm Exercise . . . . .		LESSON II.	
LESSON II.		Knee and Foot Exercise . . . . .	56
Head Movement . . . . .	42	Arm, Leg and Trunk Exercise . . . . .	
Exercise for the Memory . . . . .		LESSON III.	
LESSON III.		Arm and Leg Exercise . . . . .	57
Arm Movement . . . . .	43	Arm, Foot and Knee Exercise . . . . .	
Trunk “ . . . . .		LESSON IV.	
LESSON IV.		Breathing Exercise . . . . .	58
Leg Movement . . . . .	44	Foot and Leg Exercise . . . . .	
Shoulder Movement . . . . .		LESSON V.	
LESSON V.		Leg and Arm Exercise . . . . .	59
Knee and Foot Exercise . . . . .	45	Arm, Trunk, Foot and Knee Exercise . . . . .	
Trunk and Arm “ . . . . .		LESSON VI.	
LESSON VI.		Arm, Trunk and Leg Exercise . . . . .	60
Breathing Exercise . . . . .	46	Walking and Step “ . . . . .	
Leg Movement . . . . .		LESSON VII.	
LESSON VII.		Arm and Leg Exercise . . . . .	61
Foot Exercise . . . . .	47	Arm and Foot “ . . . . .	
Arm and Foot Exercise . . . . .		LESSON VIII.	
LESSON VIII.		Arm, Leg and Foot Exercise . . . . .	62
Trunk, Arm and Foot Exercise . . . . .	48	Arm, Trunk and Leg “ . . . . .	
Facing Exercise . . . . .		LESSON IX.	
LESSON IX.		Arm, Foot and Knee Exercise . . . . .	63
Trunk Exercise . . . . .	49	Arm, Trunk and Leg “ . . . . .	
Walking “ . . . . .		LESSON X.	
LESSON X.		Arm and Leg Exercise . . . . .	64
Leg Exercise . . . . .	50	Arm, Trunk and Leg Exercise . . . . .	
Trunk, Arm and Foot Exercise . . . . .		LESSON XI.	
LESSON XI.		Arm and Leg Exercise . . . . .	65
Foot Exercise . . . . .	51	Arm, Trunk and Leg Exercise . . . . .	
Foot, Trunk, Arm and Head Exercise . . . . .		LESSON XII.	
LESSON XII.		Hand, Arm, Foot and Knee Exercise . . . . .	66
Arm Exercise with Facing . . . . .	52	Arm, Trunk and Leg Exercise . . . . .	
Head, Arm, Trunk and Leg Exercise . . . . .			

TABLE SHOWING MEMBERS OF THE BODY PRINCIPALLY EXERCISED IN FREE GYMNASTICS.

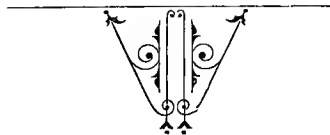




# METHOD OF TEACHING.

---

1. The BOARD OF EDUCATION appoint a "*Superintendent of Physical Culture.*"
2. The Superintendent of Physical Culture gives direct instructions to *teachers* and to *leaders*, scholars appointed by the teachers.
3. *Teachers* are divided for instruction into *four sections*: — Teachers of the First and Second Grades constitute the FIRST SECTION; those of the Third and Fourth Grades the SECOND SECTION; those of the Fifth and Sixth Grades the THIRD SECTION, and those of the Seventh Grade and of the High School constitute the FOURTH SECTION.
4. All sections meet together once or twice every month, when the teachers will be drilled by the Superintendent of Physical Culture.
5. Wherever this plan (§ 4) will not co-operate with the regulations of the school-system, Teachers and Leaders can be drilled by the Superintendent at their respective schools.
6. The *leaders* (a boy and a girl from each room, excepting the 1st and 2nd grades) meet every Saturday to receive instructions from the Superintendent.
7. In the daily lessons of Physical Culture, these *leaders* will perform the exercises before the scholars of their respective rooms, the teachers, however, commanding them.
8. It is necessary that the teachers learn to execute all the exercises of their grades well, so as to be able to perform them at any time.
9. The Superintendent of Physical Culture visits all schools, supervising the instructions, and seeing that teachers understand and do their duty.
10. It is the duty of the Superintendent to report to the Board of Education at proper intervals, concerning the standing of the branch of education under his supervision.



# COMMANDS.

---

There are four kinds: Commands of *Caution*, of *Explanation*, of *Execution*, and of *Discontinuation*.

1. The Command of Caution is always given first and is spoken loudly, and sharply. Generally it consists of the one word: *Attention*.

2. The Command of Explanation gives a short but clear explanation of the position that is to be taken, or the exercise that is to be executed: it is given distinctly and slowly.

3. The Command of Execution, invariably containing but one word, calls for the execution of the exercise desired, and is spoken decisively and sharply. For exercises the command is: BEGIN! For marching: MARCH!

Between the commands of Explanation and Execution there is a slight pause, in order to give the pupils time to think, and to get ready.

4. The command of Discontinuation also contains but one short word, and is spoken loudly and sharply. When it calls for the discontinuance of an exercise it consists of the word: STOP! The command to cease marching is: HALT!

# COMMANDS AND TECHNICAL TERMS

USED IN FREE GYMNASTICS.

---

CAUTION : Attention.

KIND : Similar. Dissimilar.

DIRECTION : Forwards. Upwards. Outwards. Backwards. Downwards. Inwards. Sideways. Right. Left. Diagonal. Oblique.

TIME : Slow. Moderate. Fast. Alternate. Consecutive. Simultaneous.

MOTION : Parallel. Contrary.

EXECUTION : Raise. Swing. Straighten. Turn. Place. Lower. Rock. Thrust. Bend. Fold. Move. Circle. Cross. Twist. Grasp. Rest. Stand. Begin. Stop. Down. Mark. March. Halt. Count.

STARTING POSITION : Fundamental. Resting. Arms folded forwards. Arms folded backwards. Arms to Thrust. Arms extended forwards. Arms extended outwards. Arms extended over-head. Hands clasped backwards. Hands on Hips. Hands on Shoulders. Hands on Head. Hands over Head.

STEP-POSITION : Forwards. Backwards. Sideways. Diagonal.

LONGE : Forwards. Backwards. Sideways. Diagonal.

CROSS STEP-POSITION : Forwards. Backwards.

MOVEMENT.—HEAD : Bend. Turn. Rock. Circle.

SHOULDERS : Move. Raise.

ARMS : (Elbows) Raise. Swing. Twist. Bend. Straighten. Thrust. Swing. Circle.

HANDS : (Wrists and Fingers) Open. Close. Clap. Turn. Bend. Twist. Circle.

TRUNK : Bend. Turn. Rock. Circle.

CHEST AND NECK : (Lungs and Throat) Breathing. Speaking. Counting. Singing.

LEGS : (Knees). Bend. Straighten. Move. Stretch.

FEET : (Ankles and Toes) Bend. Straighten. Raise. Circle. Stepping.

## ROUTINE FOR BEGINNING LESSONS.

---

- a). TAP OF BELL OR PENCIL. —Gymnastics!
- b). ONE! Scholars fold arms backwards.  
Monitors lower windows from the top, and raise one or two from the bottom.  
Leaders step to the front and face scholars.
- c). TWO! Scholars turn outward in seats.
- d). THREE! Scholars rise and form in line in the aisle (at arms-length apart if possible).

## ROUTINE FOR CLOSING LESSONS.

- a). ONE! Monitors close windows.  
All scholars step to seats, folding arms behind them.
- b). TWO! Scholars sit down, facing the aisle.
- c). THREE! Scholars turn, facing front.

## COUNTING.

To all exercises (except Breathing and Marching Exercises) scholars should count aloud.

## MUSICAL ACCOMPANIMENT.

Exercises should not be accompanied by music or singing until scholars are thoroughly drilled, and then only occasionally.

## DURATION OF EXERCISES.

Each of the lessons contained in this book should be repeated as often as the time allotted to them will permit.

After each repetition command: IN PLACE! REST!

Close the daily exercise however with the Fundamental Position.

# ELEMENTARY EXERCISES.

---

## FIRST COURSE.

FIRST AND SECOND GRADES.

# LESSON I.

## Morning Exercise.

### POSITIONS.

#### 1. Fundamental Position — Stand !

EXPLANATION : Heels locked ; tips opened, so that the feet form a right angle ; knees together and straightened ; shoulders pressed back and down as far as possible ; arms at the sides, knuckles turned a little forwards ; head erect, eyes looking straight to the front. The mouth should be closed, and breathing in all cases carried on through the nostrils. The position should be free from restraint.

#### 2. In Place — Rest !

EXPLANATION : Arms folded forwards ; right foot in step-position backwards ; left knee bent. The weight of the body rests principally upon the right foot.

#### 3. Positions 1 and 2 alternately, several times.

EXPLANATION : Changing from the fundamental position to the resting position, the movement is somewhat slow ; but coming from the resting to the fundamental position, the movement must be very quick. All positions except the resting position are starting positions.

### ARM EXERCISE.

#### Fundamental Position — Stand!

#### 1. Raise right Arm forwards, in two motions—begin! 8 times. Count: 1-2, etc., 1-stop!

EXPLANATION : The arm perfectly straightened, hand open, is raised to a level with the shoulder.

#### 2. Raise left Arm forwards, in two motions—begin!

#### 3. Raise right and left Arm forwards, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!

#### 4. Raise both Arms forwards, simultaneously, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!

#### In Place—Rest!

#### Fundamental Position—Stand!

- |                         |                         |
|-------------------------|-------------------------|
| 5. Exercise 1 sidwards. | 7. Exercise 3 sidwards. |
| 6. Exercise 2 sidwards. | 8. Exercise 4 sidwards. |

## Afternoon Exercise.

### POSITIONS.

- |                                |                                |
|--------------------------------|--------------------------------|
| 1. Fundamental Position—Stand! | 3. Fundamental Position—Stand! |
| 2. In Place—Rest.              | 4. Fold Arms backwards—Fold!   |

EXPLANATION : Arms are folded (crossed) back of the body. Hands open.

#### Arms—Down!

EXPLANATION : Arms are lowered to the sides.

#### 5. In Place—Rest!

### HEAD EXERCISE.

#### Fundamental Position—Stand!

#### Fold Arms backwards—Fold!

#### 1. Bend Head forwards, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!

#### 2. Bend Head backwards, in two motions—begin! Count 1-2, 1-stop!

#### 3. Bend Head forwards and backwards, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!

#### 4. Bend (Rock) Head forwards and backwards, alternately, in two motions—begin! Count 1-2, etc., 1-stop!

#### Arms—Down!

## LESSON 2.

### Morning Exercise.

#### POSITIONS.

1. Fundamental Position—Stand!
2. Fold Arms backwards—Fold!
3. Hands over Shoulders—Place!  
EXPLANATION: Hands open; elbows same height with shoulders.  
Hands—Down!  
In Place—Rest!

#### FOOT AND KNEE EXERCISE.

- Fundamental Position—Stand!  
Fold Arms backwards—Fold!
1. Raise right Heel, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!  
EXPLANATION: When raising the heel, the knee bends forwards and outwards, the foot rests upon its tip. Both feet, however, retain their right-angular position.
  2. Raise left Heel, in two motions—begin! Count 1-2, etc., 1-stop!
  3. Raise right and left Heel, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!
  4. Raise both Heels, simultaneously, in two motions—begin! Count 1-2, etc., 1-stop!  
EXPLANATION: Knees are together and straightened. Heels closed. Tips open.  
Arms—Down!

---

### Afternoon Exercise.

#### POSITIONS.

Repeat Positions of Morning Exercise.

#### ARM EXERCISE.

- Fundamental Position—Stand!  
Hands over Shoulders—Place!
1. Straighten Arms forwards, simultaneously, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!
  2. Straighten Arms downwards, simultaneously, in two motions—begin! Count 1-2, etc., 1-stop!
  3. Straighten Arms upwards, simultaneously, in two motions—begin! Count 1-2, etc., 1-stop!
  4. Straighten Arms sideways, simultaneously, in two motions—begin! Count 1-2, etc., 1-stop!  
EXPLANATION: The palms of the hands are turned downwards when thrusting forwards and sideways; forwards when thrusting upwards, and backwards when thrusting downwards. Hands are open, fingers closed.
- Hands—Down!

## LESSON 3.

### Morning Exercise.

#### POSITIONS.

1. Fundamental Position—Stand !
2. Hands over Shoulders—Place !  
Hands—Down !
3. Fold Arms backwards—Fold !  
Arms—Down !
4. Hands on Hips—Place !  
EXPLANATION : Thumbs turned backwards, meeting at the back. Shoulders pressed backwards.  
Hands—Down !
5. In Place—Rest !

#### ARM EXERCISE.

Fundamental Position—Stand !  
Hands on Hips—Place !

1. Straighten Arms forwards, simultaneously, in two motions—begin !  
8 times. Count 1-2, etc., 1-stop !
2. Straighten Arms sideways, simultaneously, in two motions—begin !  
Count 1-2, etc., 1-stop !
3. Straighten Arms upwards, simultaneously, in two motions—begin !  
Count 1-2, etc., 1-stop !
4. Straighten Arms downwards, simultaneously, in two motions—begin !  
Count 1-2, etc., 1-stop !

EXPLANATION : As to the position of the arms while straightening, observe the same rule as in arm exercise of Lesson 2.

Hands—Down !

---

### Afternoon Exercise.

#### POSITIONS.

Repeat Positions of Morning Exercise.

#### HEAD EXERCISE.

Fundamental Position—Stand !  
Fold Arms backwards—Fold !

1. Bend Head sideways to the right, in two motions—begin ! 8 times.  
Count 1-2, etc., 1-stop !  
EXPLANATION : The head bends directly to the side as far as possible.
2. Bend Head sideways to the left, in two motions—begin ! Count 1-2, etc., 1-stop !
3. Bend Head sideways, right and left, alternately, in four motions—begin ! Count 1-2-3-4, etc., 1-2-3-stop !
4. Bend (rock) Head sideways right and left, alternately, in two motions—begin ! Count 1-2, etc., 1-stop !

Arms—Down !



## LESSON 4.

### Morning Exercise.

#### POSITIONS.

1. Fundamental Position—Stand!
2. Hands on Hips—Place! Hands—Down!
3. Fold Arms backwards—Fold! Arms—Down!
4. Hands over Shoulders—Place! Hands—Down!
5. Fold Arms forwards—Fold! Arms—Down!  
EXPLANATION: The arms are folded (crossed) before the body. Hands are closed and concealed under the upper arms.
6. In Place—Rest!

#### TRUNK EXERCISE.

Fundamental Position—Stand!  
Fold Arms backwards—Fold!

1. Bend Trunk sideways to the right, in two motions—begin! 8 times.  
Count 1-2, etc., 1-stop!  
EXPLANATION: The trunk bends directly sideways from the hips; knees together and straightened, and feet firmly upon the floor.
2. Bend Trunk sideways to the left, in two motions—begin! Count 1-2, etc., 1-stop!
3. Bend Trunk sideways right and left, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!
4. Bend (Rock) Trunk sideways right and left, in two motions—begin!  
Count 1-2, etc., 1-stop!  
Arms—Down!

---

### Afternoon Exercise.

#### POSITIONS.

Repeat Positions of Morning Exercise.

#### ARM EXERCISE.

Fundamental Position—Stand!

1. Raise Arms forwards overhead, simultaneously, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!  
EXPLANATION: The arms perfectly straightened, are raised directly forwards overhead until they form perpendicular lines with the sides of the body. Palms of the hands turned forwards.
2. Raise Arms sideways overhead, simultaneously, in two motions—begin! Count 1-2, etc., 1-stop.
3. Swing Arms forwards and backwards, in two motions—begin! Count 1-2, etc., 1-stop!  
EXPLANATION: The arms perfectly straightened are first raised forwards to a level with the shoulders, then swung downwards and backwards as far as possible, then swung forwards again to a level with the shoulders, and so on.
4. Swing Arms forwards overhead and backwards, in two motions—begin! Count 1-2, etc., 1-stop!  
EXPLANATION: The arms perfectly straightened, are first raised forwards overhead, then swung (forwards) backwards as far as possible, then swung forwards overhead again, and so on.

## LESSON 5.

### Morning Exercise.

#### POSITIONS.

1. Fundamental Position—Stand!
  2. Fold Arms forwards—Fold! Arms—Down!
  3. Fold Arms backwards—Fold! Arms—Down!
  4. Hands over Shoulders—Place! Hands—Down!
  5. Hands on Hips—Place! Hands—Down!
  6. Arms forwards into position—Raise! Arms—Down!
  7. Arms sideways into position—Raise! Arms—Down!
  8. In Place—Rest!
- EXPLANATION: To Nos. 6. and 7. Both arms are raised to a level with the shoulders.

#### HAND EXERCISE.

Fundamental Position—Stand!

Arms forwards into position—Raise!

Close and open Hands, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!

Arms—Down!

Repeat the Exercise several times.

In Place—Rest!

#### ARM EXERCISE.

Fundamental Position—Stand!

Arms sideways into position—Raise!

Twist Arms forwards and backwards, in two motions—begin! 8 times.

Count 1-2, etc., 1-stop!

Arms—Down!

Repeat the Exercise several times.

---

### Afternoon Exercise.

#### POSITIONS.

Repeat Positions of Morning Exercise.

#### HEAD EXERCISE.

Fundamental Position—Stand! Hands on Hips—Place!

1. Turn Head to the right, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!

EXPLANATION: The head makes a quarter turn (sideways) on its perpendicular axis.

2. Turn Head to the left, in two motions—begin! Count 1-2, etc., 1-stop!
  3. Turn Head to the right and left, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!
  4. Turn (rock) Head to the right and left, alternately, in two motions—begin! Count 1-2, etc., 1-stop!
- Hands—Down!

## BREATHING EXERCISE.

Fundamental Position—Stand!

1. a. Exhale all the air from the lungs through the mouth, stooping forwards a little. Count 6.  
b. Inhale slowly through the nostrils (mouth closed) gradually straightening the body, and raising and expanding the parts of the chest nearest the shoulders, forcing the latter back. Count 12.  
c. Exhale slowly through the nostrils. Count 12. Repeat b & c 3 times.
2. a. Exhale as in 1-a. b. Inhale as in 1-b. c. Exhale compulsively through the mouth in one breath. Repeat Exercise 2. 3 times.

NOTE: To the above exercise the TEACHER counts aloud.

## LESSON 6.

### Morning Exercise.

#### POSITIONS.

1. Fundamental Position—Stand!
2. Hands over Shoulders—Place! Hands—Down!
3. Fold Arms forwards—Fold! Arms—Down!
4. Hands on Hips—Place! Hands—Down!
5. Fold Arms backwards—Fold! Arms—Down!
6. Arms forwards into position—Raise! Arms—Down!
7. Arms sideways into position—Raise! Arms—Down!
8. Arms to thrust—Place! Arms—Down!

EXPLANATION: The hands, closed, are raised to a position opposite the chest. The elbows touch the sides of the body. The hands are turned, so that the thumbs come upwards and outwards.

9. In Place—Rest!

#### ARM EXERCISE.

Fundamental Position—Stand! Arms to thrust—Place!

1. Thrust Arms forwards, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!
2. Thrust Arms sideways, in two motions—begin! Count 1-2, etc., 1-stop!
3. Thrust Arms upwards, in two motions—begin! Count 1-2, etc., 1-stop!
4. Thrust Arms downwards, in two motions—begin! Count 1-2, etc., 1-stop! Arms—Down!

### Afternoon Exercise.

Repeat Positions of Morning Exercise.

#### TRUNK EXERCISE.

Fundamental Position—Stand! Hands on Hips—Place!

1. Turn Trunk to the right, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!
2. Turn Trunk to the left, in two motions—begin! Count 1-2, etc., 1-stop!
3. Turn Trunk right and left, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!
4. Turn (rock) Trunk right and left, alternately, in two motions—begin! Count 1-2, etc., 1-stop! Hands—Down!

## LESSON 7.

### Morning Exercise.

#### POSITIONS.

1. Fundamental Position—Stand!
  2. Arms to thrust—Place! Arms—Down!
  3. Hands on Hips—Place! Hands—Down!
  4. Fold Arms backwards—Fold! Arms—Down!
  5. Arms forwards into position—Raise! Arms—Down!
  6. Hands over Shoulders—Place! Hands—Down!
  7. Arms sideways into position—Raise! Arms—Down!
  8. Fold Arms forwards—Fold! Arms—Down!
  9. Grasp Hands backwards—Grasp!
- EXPLANATION: The hands are clasped back of the body. Arms straightened.
10. Hands—Down! In Place—Rest!

#### FOOT EXERCISE.

- Fundamental Position—Stand! Grasp Hands backwards—Grasp!
1. Step-position forwards right, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!
- EXPLANATION: On the first motion the foot, straightened down and outwards, steps forwards, touching the floor with the toes. Both knees are straightened. On the second motion the foot is brought back to its fundamental position. The body is held erect and still.
2. Step-position forwards left, in two motions—begin! Count 1-2, etc., 1-stop!
  3. Step-position forwards right and left, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!
- REMARK: Step-position forwards right and left, alternately, in TWO motions, is identical with MARKING TIME.
4. Step-position sideways right, in two motions—begin! Count 1-2, etc., 1-stop!
  5. Step-position sideways left, in two motions—begin! Count 1-2, etc., 1-stop!
  6. Step-position sideways right and left, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!
  7. Step-position backwards right, in two motions—begin! Count 1-2, etc., 1-stop!
  8. Step-position backwards left, in two motions—begin! Count 1-2, etc., 1-stop!
  9. Step-position backwards right and left, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop! Hands—Down!

### Afternoon Exercise.

Repeat Positions of Morning Exercise.

#### ARM EXERCISE.

- Fundamental Position—Stand! Arms forwards into position—Raise!
1. Swing Arms sideways, outwards, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!
  2. Swing Arms downwards, backwards, in two motions—begin! Count 1-2, etc., 1-stop!
  3. Exercise 1 and 2 alternately, in four motions—Begin! Count 1-2-3-4, etc., 1-2-3-Stop! Arms—Down!

## LESSON 8.

### Morning Exercise.

#### POSITIONS.

1. Fundamental Position—Stand!
2. Arms forwards into position—Raise! Arms—Down!
3. Hands over Shoulders—Place! Hands—Down!
4. Fold Arms forwards—Fold! Arms—Down!
5. Arms sideways into position—Raise! Arms—Down!
6. Hands on Hips—Place! Hands—Down!
7. Fold Arms backwards—Fold! Arms—Down!
8. Grasp Hands backwards—Grasp! Hands—Down!
9. Arms to thrust—Place! Arms—Down!
10. Arms forwards overhead into position—Raise! Arms—Down!  
(Lowered Forwards.)
11. Arms sideways overhead into position—Raise! Arms—Down!  
(Lowered Sideways.)

EXPLANATION: To positions 10 and 11: The arms, perfectly straightened, are raised overhead until they form perpendicular lines with the sides of the body.

12. In Place—Rest!

#### TRUNK EXERCISE.

Fundamental Position—Stand! Hands on Hips—Place!

1. Bend Trunk forwards, in two motions—begin! 8 times. Count 1-2, etc., 1-stop!

EXPLANATION: The trunk bends forwards, until it forms a right angle with the lower limbs. Head, neck and back form a straight line. Knees together and straightened. Feet firmly on the floor.

2. Bend Trunk backwards, in two motions—begin! Count 1-2, etc., 1-stop!

EXPLANATION: The trunk and head bend backwards as far as possible. Knees and feet retain their fundamental position.

3. Bend Trunk forwards and backwards, alternately, in four motions—begin! Count 1-2-3-4, etc., 1-2-3-stop!

4. Bend (rock) Trunk forwards and backwards, alternately, in two motions—begin! Count 1-2, etc., 1-stop!

Hands—Down!

---

### Afternoon Exercise.

#### POSITIONS.

(Changing from one position to another.)

1. Fundamental Position—Stand!
2. Hands on Hips—Place!
3. Arms sideways into position—Straighten!
4. Arms to thrust—Place!
5. Fold Arms backwards—Fold!
6. Arms overhead into position—Straighten!
7. Arms forwards into position—Lower!
8. Grasp Hands backwards—Grasp!
9. Fold Arms forwards—Fold!
10. Hands over Shoulders—Place!
11. Arms forwards into position—Straighten!

12. Arms sidwards into position—Move!
13. Arms overhead into position—Raise!
14. Arms—Down! In Place—Rest!

WALKING.

Fundamental Position—Stand!

1. Turn! Scholars turn and face the direction they are to walk out of the room.
2. Mark time—March!  
EXPLANATION: Marking time is a sham walk. The feet are straightened downwards and outwards. Scholars should make as little noise as possible.
3. Forwards (common time)—March! When walking, scholars should carry body and head erect, turn feet outwards, and keep time and step!
4. Mark time—March!
5. Attention—Halt! The command HALT is given while stepping with the left foot. After the command one more step is taken with the right foot.
6. Mark time—March!
7. Forwards—March! etc., etc., etc.

## LESSON 9.

### COMBINATIONS OF EXERCISES PREPARATORY TO SECOND COURSE.

(For High Second Grade.)

### Morning Exercise.

#### ARM EXERCISE.

Fundamental Position—Stand! Hands on Hips—Place!

1. Straighten Arms forwards and sidwards, in four motions—begin!  
Count 1-2-3-4, three times, and then 1-2-3—stop!  
EXPLANATION: On one, straighten arms forwards; on two, place hands on hips; on three, straighten arms sidwards; on four, place hands on hips.
2. Straighten Arms upwards and downwards, in four motions—begin!  
4 times.
3. Straighten Arms forwards, sidwards and upwards, in six motions—begin! Count 6. 4 times.
4. Straighten Arms forwards, sidwards, upwards and downwards in eight motions—begin! Count 8. 4 times. Hands—Down!

### Afternoon Exercise.

Fundamental Position—Stand! Fold Arms backwards—Fold!

1. Step-position forwards right and left, and sidwards right and left, in eight motions—begin! Count 1 to 8, three times, then 1-2-3-4-5-6-7—stop!  
EXPLANATION: From 1 to 4 step-position forwards right and left, alternately; from 5 to 8 step-position sidwards right and left, alternately.
2. The same sidwards and backwards—begin!
3. The same forwards and backwards—begin! Arms—Down!

## LESSON 10.

### Morning Exercise.

#### HEAD EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Bend Head forwards, sideways right, backwards, and sideways left, in eight motions—begin! Count 1 to 8 three times, then 1-2-3-4-5-6-7-stop!

EXPLANATION: On 1-2 bend head forwards; on 3-4 sideways right; on 5-6 backwards; on 7-8 sideways left.

2. Turn Head sideways right and left, and bend forwards and backwards in eight motions—begin! Count as in Exercise 1.

EXPLANATION: On 1-2 turn head to the right; on 3-4 turn head to the left; on 5-6 bend head forwards; on 7-8 bend head backwards.

Hands—Down!

---

### Afternoon Exercise.

#### FOOT EXERCISE.

Fundamental Position—Stand!

Fold Arms backwards—Fold!

1. Raise right and left Heel alternately and both, in six motions—begin! Count 1 to 6 three times, then 1-2-3-4-5-stop!

EXPLANATION: From 1 to 4 raise right and left Heel alternately; on 5 and 6 raise both Heels.

2. Step-position sideways right and left, and raise both Heels in six motions—begin! Count as in 1.

3. Step-position forwards and raise both Heels, right and left, alternately in eight motions—begin! Count 1 to 8 three times, then 1-2-3-4-5-6-7-stop!

EXPLANATION: On 1-2, step-position forwards right; on 3-4, raise both Heels; on 5-6 step-position forwards left; on 7-8 raise both Heels.

Arms—Down!

## LESSON 11.

### Morning Exercise.

#### TRUNK EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Bend Trunk forwards, backwards and sideways right and left, in eight motions—begin! Count 1 to 8 three times, then 1-2-3-4-5-6-7-stop!  
• EXPLANATION : On 1-2, bend Trunk forwards; on 3-4 backwards; on 5-6 sideways to the right; on 7-8 sideways to the left.
  2. Bend Trunk forwards, sideways right, backwards, and sideways left, in eight motions—begin! Count as in 1.
  3. Turn Trunk sideways right, and bend forwards, turn sideways left, and bend backwards in eight motions—begin! Count as in 1.
- Hands—Down!

---

### Afternoon Exercise.

#### ARM EXERCISE.

Fundamental Position—Stand!

1. Hands over Shoulders, straighten Arms forwards, Hands over Shoulders and down, in four motions—begin! Count 1 to 4 three times, then 1-2-3-stop!  
EXPLANATION : On one, place Hands over Shoulders; on two, straighten Arms forwards; on three, place Hands over Shoulders; on four, Hands down.
  2. The same sideways—begin! Count as in 1.
  3. The same upwards—begin! Count as in 1.
- Hands—Down!

---

## LESSON 12.

### Morning Exercise.

1. Repeat Starting Positions on page 19 and 20.

#### ARM AND HAND EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Straighten Arms forwards and clap Hands, alternately in four motions—begin! Count 1-2-3-4 etc., 1-2-3-stop!  
EXPLANATION : On one, straighten arms forwards; on two, place hands on hips; on three, clap hands before the body opposite the chest; on four, place hands on hips.
  2. The same sideways—begin!
  3. The same upwards—begin!
  4. The same downwards—begin!
- Hands—Down!

### Afternoon Exercise.

General Review of Exercises.



# SECOND COURSE.

---

THIRD AND FOURTH GRADES.

---

COMBINATIONS OF ELEMENTARY EXERCISES.

## COMBINATIONS OF EXERCISES.

---

Combinations of Exercises are :

1. In regard to KIND: Similar and dissimilar.
2. In regard to TIME: Simultaneous and consecutive.
3. In regard to MOTION: Parallel and contrary.

When commands are connected by the word 'AND', the movements are consecutive; when connected by 'WITH', the movements are simultaneous.

## LESSON 1.

NOTE:—Throughout the Second Course each movement should be taken at least twelve times.

### TRUNK EXERCISE.

(Similar—Consecutive—Contrary,)

Fundamental Position—Stand!

Fold Arms backwards—Fold!

1. Bend Trunk sideways right and forwards, in four motions—begin!
  2. The same sideways left and backwards, in four motions—begin!
  3. Exercises 1 and 2, alternately, in eight motions—begin!
- Arms—Down!  
In Place—Rest!

### FOOT EXERCISE.

(Similar—Consecutive—Contrary,)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Step-position sideways right, and raise left Heel, in four motions—begin!
  - \* 2. Step-position sideways left and raise right Heel, in four motions—begin!
  3. Step-position sideways right and left, alternately, and raise both Heels, in six motions—begin!
- Hands—Down!  
In Place—Rest!

### TRUNK AND FOOT EXERCISE.

(Dissimilar—Consecutive—Parallel.)

Fundamental Position—Stand!

Fold Arms backwards—Fold!

1. Bend Trunk sideways right, and step-position sideways right, in four motions—begin!
- EXPLANATION: On ONE, bend trunk sideways right; on TWO, starting position; on THREE, step-position sideways right; on FOUR, starting position.
2. The same to the left, in four motions—begin!
  3. The same right and left, alternately, in eight motions—begin!
- Arms—Down!

NOTE: Close every Lesson with the FUNDAMENTAL POSITION.

## LESSON 2.

### ARM EXERCISE.

(Similar—Simultaneous—Contrary.)

Fundamental Position—Stand!

Hands over Shoulders—Place!

1. Straighten right Arm forwards with left Arm sideways, in two motions—begin!
2. Straighten right Arm sideways with left Arm upwards, in two motions, —begin!
3. Straighten right Arm upwards with left Arm downwards, in two motions—begin!

Hands—Down!

In Place—Rest!

### FOOT EXERCISE.

(Similar—Consecutive—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Step-position right and raise both Heels, forwards, sideways and backwards, in twelve motions—begin!

EXPLANATION: On one and two, step-position forwards right. On three and four, raise both heels. On five and six, step-position sideways right. On seven and eight, raise both heels. On nine and ten, step-position backwards right. On eleven and twelve, raise both heels.

2. The same to the left, in twelve motions—begin!
3. The same right and left, in twenty-four motions—begin!

Hands—Down!

In Place—Rest!

### ARM AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Parallel.)

Fundamental Position—Stand!

Hands over Shoulders—Place!

1. Straighten Arms forwards WITH Step-position forwards right and left, in four motions—begin!

EXPLANATION: On ONE: Straighten arms forwards, and move right foot forwards into step-position; on TWO: Starting position; on THREE: The same as in ONE except left foot; on FOUR: starting position.

2. The same sideways, in four motions—begin!
  3. The same forwards and sideways alternately, in eight motions—begin!
- Hands—Down!

## LESSON 3.

### TRUNK AND ARM EXERCISE.

(Dissimilar—Consecutive—Contrary,)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Turn Trunk to the right, and straighten Arms upwards, in four motions—begin!

EXPLANATION: On 1-2, turn trunk to the right; on 3-4, straighten arms upwards.

2. Turn Trunk to the left, and straighten Arms downwards, in four motions—begin!
3. Exercises 1 and 2, alternately, in eight motions—begin!  
Hands—Down!  
In Place—Rest!

### FOOT EXERCISE.

(Similar—Consecutive—Contrary.)

Fundamental Position—Stand!

Grasp Hands backwards—Grasp!

1. Raise right Heel, step-position forwards right, and back in reverse order in four motions—begin!

EXPLANATION: On ONE, raise right Heel; on TWO, move right foot forwards into step-position; on THREE, bring right foot back to tip-toe stand; on FOUR, lower right Heel.

2. The same except left foot, in four motions—begin!
3. The same right and left, alternately, in eight motions—begin!
4. Exercises 1, 2 and 3 sideways.
5. Exercises 1, 2 and 3 backwards.

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Turn Trunk to the right, raise Heels (both) and straighten Arms sideways, in six motions—begin!

EXPLANATION: On 1-2, turn trunk to the right; on 3-4, raise both heels; on 5-6, straighten arms sideways.

2. The same to the left, in six motions—begin!
3. The same right and left, in twelve motions—begin! Hands—Down!

## LESSON 4.

### ARM EXERCISE.

Fundamental Position—Stand!

Arms forwards into position—Raise.

1. Raise Arms overhead, in two motions—begin!
2. Swing Arms outwards, in two motions—begin!
3. Swing Arms downwards and backwards in two motions—begin!
4. Swing Arms over Head and (downwards) backwards, in two motions—begin!

Arms—Down!

In Place—Rest!

### ARM AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Contrary.)

Fundamental Position—Stand!

Hands over Shoulders—Place!

1. Straighten Arms sideways, WITH Step-position forwards and backwards right, in four motions—begin!

EXPLANATION: On one and two straighten arms sideways with step-position forwards right; on three and four, straighten arms sideways with step-position backwards right.

2. The same except left foot and straightening Arms upwards, in four motions—begin!
3. Exercises one and two alternately in eight motions—begin!  
Hands—Down!  
In Place—Rest!

### TRUNK AND ARM EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

1. Raise Arms sideways into position AND bend Trunk forwards, in four motions—begin!

EXPLANATION: On ONE: raise arms sideways into position; on TWO: bend trunk forwards; on THREE: raise trunk; on FOUR: lower arms.

2. Raise Arms sideways over Head into position and bend Trunk backwards, in four motions—begin!
3. Exercises one and two alternately, in eight motions—begin!

## LESSON 5.

### ARM AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Contrary.)

Fundamental Position—Stand!

Arms forwards into Position—Raise!

1. Raise Arms over head WITH Step-position backwards right and left, in four motions — begin!

EXPLANATION: On ONE raise arms overhead with step-position backwards right; on TWO starting position; on THREE the same as in one except the left foot; on FOUR starting position.

2. Swing Arms outwards (sideways) with raising Heels, in two motions — begin!
3. Exercise 1 and 2 alternately in six motions—begin!  
Arms—Down!  
In Place—Rest!

### TRUNK AND ARM EXERCISE,

(Dissimilar—Simultaneous—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Bend Trunk forwards with straightening Arms downwards (forwards) in two motions—begin!
2. Bend Trunk backwards with straightening Arms upwards in two motions—begin!
3. Exercise 1 and 2 alternately, in four motions—begin!

EXPLANATION: On ONE bend trunk forward and straighten arms downwards (forward); on TWO, starting position; on THREE bend trunk backwards and straighten arms upwards; on four: starting position.

Hands—Down!

In Place—Rest!

### TRUNK ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Parallel.)

Fundamental Position—Stand!

Hands over Shoulders—Place!

1. Turn Trunk to the right with step-position sideways right — straighten Arms sideways and back in reverse order in four motions—begin!

EXPLANATION: On ONE: turn Trunk to the right and move right foot into step-position sideways; on TWO straighten arms sideways; on THREE place hands on hips; on FOUR: starting position.

2. The same to the left in four motions — begin!
3. Exercises 1 and 2 alternately, in eight motions—begin!  
Hands—Down!

## LESSON 6.

### ARM EXERCISE.

(Similar—Consecutive—Parallel.)

Fundamental Position—Stand!

1. Thrust Arms forwards, right, left and both, in eight motions—begin!

EXPLANATION: On ONE raise arms to thrust; on TWO and THREE thrust the right arm forwards; on FOUR and FIVE thrust the left arm forwards; on SIX and SEVEN thrust both arms forward; on EIGHT arms to fundamental position.

2. The same except sideways—begin.
  3. The same except upwards—begin!
  4. The same except downwards—begin!
- In Place—Rest!

### TRUNK AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Raise Heels twice and bend Trunk to the right and left, in eight motions—begin!

EXPLANATION: On ONE and TWO raise heels; on THREE and FOUR raise heels; on FIVE and SIX bend trunk sideways to the right, on SEVEN and EIGHT bend trunk sideways to the left.

2. Raise right and left Heel and bend Trunk forwards and backwards in eight motions—begin!

EXPLANATION: On ONE and TWO raise right heel; on THREE and FOUR raise left heel; on FIVE and SIX bend trunk forwards; on SEVEN and EIGHT bend trunk backwards.

3. Exercises 1 and 2 alternately, in sixteen motions—begin!  
Hands—Down! In Place—Rest!

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Contrary.)

Fundamental Position—Stand!

1. Bend Trunk backwards with raising Arms forwards overhead and with Step-position forwards right, in two motions—begin!

EXPLANATION: On the first motion raise arms forwards overhead, bend trunk backwards and move right foot into step-position forwards; on the second motion, lower arms, straighten trunk and close heels.

2. The same except the left foot—begin!
3. Exercises 1 and 2 alternately in four motions—Begin!



## LESSON 7.

### TRUNK EXERCISE.

(Similar—Consecutive—Contrary.)

Fundamental Position—Stand!

Fold Arms backwards—Fold!

1. Bend Trunk forwards, sideways and backwards, in circle, from right to left in four motions—begin!

EXPLANATION: On ONE bend trunk forwards; on TWO bend trunk in quarter-circle sideways to the right; on THREE bend trunk in quarter-circle backwards; on FOUR bend trunk in quarter-circle to the left. On one (second time) bend trunk in quarter-circle forwards, etc. etc. After the command STOP (on four straighten trunk to starting position.

2. The same from left to right—begin!

Arms—Down!

In Place—Rest!

### TRUNK AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Parallel)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Turn Trunk to the right with Step-position sideways right, in two motions—begin!
  2. The same to the left—begin!
  3. The same, right and left alternately, in four motions—begin!
- Hands—Down! In Place—Rest!

### BREATHING EXERCISE.

Counting aloud in one breath.

Fundamental Position—Stand!

Grasp Hands backwards—Grasp!

- a) Exhale through the nostrils (mouth closed) in one breath, counting (to yourself) 12 slowly.
- b) Inhale through the nostrils (mouth closed) in one breath, counting (to yourself) 12 slowly.

NOTE: To a and b teachers count aloud.

- c) Exhale, counting 40 aloud IN ONE BREATH.

NOTE.—Scholars count in concert, distinctly and not too fast.

Hands—Down!

Repeat the exercise several times.

NOTE.—Open all windows and doors. When scholars thoroughly understand the exercise the following commands may be used:

- a) Exhale—Begin! (Count 11, on 12 give the next command).
  - b) Inhale! (Count 11, on 12 give the next command).
  - c) Count! (On 40 give the next command).
  - d) Stop!
- Hands—Down!

NOTE:—This breathing exercise must be practiced frequently during the course. From time to time the number, which the scholars are to count aloud, should be increased. At the end of the course (one school year) every child should be able to count aloud at least 75 in one single breath.

## LESSON 8.

### HEAD EXERCISE.

Fundamental Position—Stand !

Fold Arms backwards—Fold !

1. Turn (rock) Head from right to left in two motion—begin !

EXPLANATION: On first motion: a quarter turn to the right; on each succeeding motion a half turn, once left, once right; on the last motion command STOP! After the command "stop" a quarter turn to the right, facing front.

2. Bend (rock) Head sideways right and left, in two motions—begin !
3. Bend (rock) Head forwards and backwards in two motions—begin !  
Arms—Down !  
In Place—Rest !

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary,)

Fundamental Position—Stand !

1. Hands on Hips, straighten Arms upwards into Position, turn Trunk to the right, with Step-position sideways right, and back in reverse order in six motions—begin !

EXPLANATION: On ONE place hands on hips; on TWO straighten arms upwards into position; on THREE turn trunk to right, and move right foot into step-position sideways; on FOUR turn trunk back again and close heels; on FIVE place hands on hips; on SIX lower arms to fundamental position.

2. The same to the left, in six motions—begin !
3. The same right and left, in twelve motions—begin !  
Hands—Down !  
In Place—Rest !

### ARM EXERCISE.

(Similar—Consecutive—Contrary.)

Fundamental Position—Stand !

1. Raise Arms forwards, Hands over Shoulder, straighten Arms sideways, and back in reverse order in six motions—begin !

EXPLANATION: On ONE raise arms forwards; on TWO place hands over shoulders; on THREE straighten arms sideways; on FOUR place hands over shoulders; on FIVE straighten arms forwards; on SIX lower arms to fundamental position.

2. Hands over Shoulders, straighten Arms upwards, lower Arms sideways into Position and back in reverse order, in six motions—begin !
3. Raise Arms sideways, Hands over Shoulders, straighten Arms upwards and back in reverse order, in six motions—begin !
4. Raise Arms forwards overhead, Hands on Shoulders, Hands down, and back in reverse order, in six motions—begin !

## LESSON 9.

### TRUNK EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Turn (rock) Trunk from right to left in two motions—begin!

NOTE:—See explanation to head exercise, page 34.

2. Bend (rock) Trunk sideways right and left in two motions—begin!
  3. Bend (rock) Trunk forwards and backwards in two motions—begin!
- Hands—Down!  
In Place—Rest!

### TRUNK AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Raise right and left Heel, and bend Trunk forwards and backwards in eight motions—begin!

EXPLANATION: On ONE and TWO: raise right heel; on THREE and FOUR: raise left heel; on FIVE and SIX: bend trunk forwards; on SEVEN and EIGHT bend trunk backwards.

2. Raise Heels twice, and bend Trunk to the right and left in eight motions—begin!

EXPLANATION: On ONE and TWO raise heels; on THREE and FOUR raise heels; on FIVE and SIX bend trunk to the right; on SEVEN and EIGHT bend trunk to the left.

3. Exercises 1 and 2 alternately in sixteen motions—begin!
- Hands—Down!  
In Place—Rest!

### ARM EXERCISE.

(Similar—Consecutive—Contrary.)

Fundamental Position—Stand!

Arms forwards into Position—Raise!

1. Raise Arms overhead—swing outwards—swing downwards, swing overhead and downwards, in eight motions—begin!

EXPLANATION: On ONE raise arms forwards overhead; on TWO lower into position forwards; on THREE swing outwards (sideways); on FOUR swing into position forwards; on FIVE swing downwards and backwards; on SIX swing forwards overhead; on SEVEN swing downwards and backwards; on EIGHT swing into position forwards.

Arms—Down!

## LESSON 10.

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

1. Hands on Hips, bend Trunk sideways right, with Step-position sideways left, and back in reverse order in four motions—begin!

EXPLANATION: On ONE place hands on hips; on TWO bend trunk sideways right and move left foot into step-position sideways left; on THREE straighten trunk and close heels; on FOUR lower arms to fundamental position.

2. Hands on Hips, bend Trunk sideways left with Step-position, sideways right, and back in reverse order in four motions—begin!
3. Exercise 1 and 2 alternately in eight motions—begin!  
In Place—Rest!

### ARM HEAD AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

1. Raise Arms forwards with clapping Hands and with Step-position forwards right and left, and raise Arms sideways overhead twice with raising Heels, in eight motions—begin!

EXPLANATION: On ONE raise arms forwards, clap hands, (clap hands when on level with shoulders, and open arms immediately, and move right foot into step-position forwards; on TWO lower arms and close heels; on THREE and FOUR the same except the left foot; on FIVE raise arms sideways over head and raise both heels; on SIX lower arms and heels; on SEVEN and EIGHT the same.

In Place—Rest!

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

1. Turn Trunk to the right, with raising Arms forwards into Position and with Step-position sideways right, swing Arms downwards and backwards and back in reverse order in four motions—begin!

EXPLANATION: On ONE turn trunk sideways to the right, move right foot into step-position sideways right, and raise arms forwards into position; on TWO swing arms downwards and backwards; on THREE swing arms into position forwards; on FOUR turn trunk back again, lower arms and close heels.

2. The same to the left in four motions—begin!
3. The same right and left alternately in eight motions—begin!

## LESSON II.

### ARM AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Parallel )

#### Fundamental Position—Stand!

1. Raise Arms forwards with Step-position forwards right, move Arms sidwards with Step-position sidwards right, and Arms down, in three motions—begin!

EXPLANATION: On ONE raise arms forwards and move right foot into step-position forwards; on TWO move arms outwards (sidwards) and move right foot into step-position sidwards right; on THREE lower arms and close heels.

2. The same to the left in three motions—begin!
3. The same, right and left, alternately, in six motions—begin!  
In Place—Rest!

### TRUNK AND ARM EXERCISE.

(Dissimilar—Consecutive—Contrary.)

#### Fundamental Position—Stand!

#### Hands over Head—Place! (Raise sidwards)

EXPLANATION: The hands are held drooping over the head. The arms are gracefully bent.

#### Hands—Down!

1. Hands over Head, rock Trunk sidwards and Hands down in eight motions—begin!

EXPLANATION: On ONE, raise hands over head into position; on TWO bend trunk sidwards to the right; on THREE to the left; on FOUR to the right; on FIVE to the left; on SIX to the right; on SEVEN straighten trunk; on EIGHT lower arms (sidwards) to fundamental position.

2. The same to the left in eight motions—begin!
3. The same, right and left, alternately in sixteen motions—begin!

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

#### Fundamental Position—Stand!

#### Hands on Hips—Place!

1. Turn Trunk sidwards right with Step-position sidwards right, bend Trunk backwards with straightening Arms upwards and back in reverse order in four motions—begin!

EXPLANATION: On ONE turn trunk sidwards to the right, and move right foot into step-position sidwards right; on TWO bend trunk backwards and straighten arms upwards; on THREE straighten trunk and place hands on hips; on FOUR turn trunk back again, and close heels.

2. The same to the left in four motions—begin!
3. The same, right and left, alternately in eight motions—Begin!  
Hands—Down!  
In Place—Rest!

## LESSON 12.

### ARM AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Parallel.)

Fundamental Position—Stand!

Hands over Shoulders—Place!

1. Straighten Arms sideways, right and left, with Step-position sideways, right and left, and BOTH with raising Heels, in 6 motions—begin!

EXPLANATION: On ONE, straighten right Arm sideways with step-position sideways right; on TWO, starting position; on THREE and FOUR, the same to the left; on FIVE, straighten both Arms sideways (outwards) and raise both Heels; on SIX, starting position.

2. Straighten Arms forwards right and left, with Step-position forwards right and left, and both with raising Heels, in 6 motions—begin!
3. Straighten Arms upwards right and left, with Step-position backwards right and left, and both with raising Heels, in 6 motions—begin!

Hands—Down!

In Place—Rest!

### HEAD, ARM, TRUNK AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Hands on Hips—Place!

1. Turn Head to the right and left, alternately, in 4 motions—begin!
2. Straighten Arms upwards and sideways, alternately, in 4 motions—begin!
3. Head and Arm movement combined, in 8 motions—begin!
4. Bend Trunk sideways right and left, alternately, in 4 motions—begin!
5. Head, Arm and Trunk movement combined in 12 motions—begin!
6. Raise Heels twice, in 4 motions—begin!
7. Head, Arm, Trunk and Foot movement combined, in 16 motions—begin!

Hands—Down!

In Place—Rest!

### TRUNK AND ARM EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

1. Hands on Hips, straighten Arms sideways, turn Trunk sideways right and left, Hands on Hips and down, in eight motions—begin!

EXPLANATION: On ONE, place hands on hips; on TWO, straighten arms into position sideways; on THREE, turn trunk sideways to the right; on FOUR, turn trunk back again, facing front; on FIVE and SIX, the same to the left; on SEVEN, place hands on hips; on EIGHT, lower arms to fundamental position.

2. Hands on Hips, straighten Arms into Position overhead, bend Trunk sideways right and left, Hands on Hips and down, in eight motions—begin!

EXPLANATION: On ONE, place hands on hips; on TWO, straighten arms upwards into position overhead; on THREE, bend trunk sideways to the right; on FOUR, straighten trunk again; on FIVE and SIX, the same to the left; on SEVEN, place hands on hips; on EIGHT, lower arms to fundamental position.

3. Exercises 1 and 2, alternately, in sixteen motions—begin!

# THIRD' COURSE.

---

FIFTH AND SIXTH GRADES.

---

ELEMENTARY AND COMPLEX EXERCISES.  
COMBINATIONS.

.

A COMPLEX EXERCISE is one, which, although appearing as a simple exercise, is composed of more than one movement. For example: The LONGE is a COMPLEX EXERCISE. The LONGE is considered as one motion ; yet it contains two distinct movements, i. e. BENDING ONE KNEE, and MOVING THE ENTIRE BODY FROM ITS GIVEN POSITION.



# LESSON 1.

## FOOT EXERCISE.

NOTE:—Practice each exercise of the third course at least twelve times.

Fundamental Position—Stand !

Hands on Hips—Place !

1. Cross Step-position forwards right in two motions—begin !

EXPLANATION: The right leg crosses over the left, the tip of the right foot touching the floor about ten inches from the left foot. The feet are nearly at a right angle to each other.

2. Cross Step-position forwards left, in two motions—begin !
3. Cross Step-position forwards, right and left alternately, in four motions—begin !
4. Cross Step-position backwards, right, in two motions—begin !

EXPLANATION: The right leg crosses in back of the left. Tip of the right foot touches the floor at nearly ten inches from the left heel. The feet are at a right angle to each other.

5. Cross Step-position backwards, left in two motions—begin !
6. Cross Step-position backwards right and left alternately, in four motions—begin !

Hands—Down !

In Place—Rest !

## ARM EXERCISE.

Similar—Consecutive—Contrary,)

Fundamental Position—Stand !

Arms to Thrust—Place !

1. Thrust right and left arm sideways alternately and both forwards and downwards in eight motions—begin !

EXPLANATION. On ONE and TWO thrust the right arm sideways to the right; on THREE and FOUR thrust the left arm sideways to the left; on FIVE and SIX thrust both arms forwards; on SEVEN and EIGHT thrust both arms downwards.

2. Thrust both arms upwards, downwards, and sideways, right and left in eight motions—begin !

EXPLANATION: On ONE and TWO thrust both arms upwards; on THREE and FOUR downwards; on FIVE and SIX thrust both arms sideways to the right, (the right arm is fully extended, the left arm is bent); on SEVEN and EIGHT thrust both arms sideways to the left.

3. Thrust both Arms forwards, sideways right and outwards, and upwards, sideways left and downwards, in twelve motions—begin !
- Arms—Down !

## LESSON 2.

### HEAD EXERCISE.

Fundamental Position—Stand!

Fold Arms backwards—Fold!

1. Roll Head in Circle from right to left continuously, in one motion—begin!

EXPLANATION: The head first bends forwards, then, beginning at the right, moves in a circle touching the shoulders, back and chest. After the command STOP the head is straightened.

2. The same from left to right—begin!

Arms—Down!

In Place—Rest!

### EXERCISE TO STRENGTHEN THE MEMORY.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

Grasp Hands backwards—Grasp.

1. Step-position sideways right and left and raise Heels in six motions—begin!
2. On SEVEN and EIGHT: Hands on Hips!
3. On NINE and TEN: Clap Hands!
4. On ELEVEN and TWELVE: Hands over Shoulders!

NOTE:—Each of the above Exercises is taken three times.

Hands—Down!

EXPLANATION: This is a continuous exercise, two new movements being added to each preceding exercise. Thus: While scholars are performing the first exercise in six motions for the third time, the teacher gives the next two motions, saying: on SEVEN and EIGHT hands on hips. The exercise has now eight motions: Step-position sideways right, the same left, raise both heels and hands on hips. On SEVEN hands are placed on hips, on EIGHT grasped backwards again. The exercise in eight motions is taken three times. The third time two new movements are added: On NINE clap hands! on TEN grasp hands backwards. Then the exercise in ten motions is taken three times. The third time two movements are added: On ELEVEN place hands over shoulders, on TWELVE grasp hands backwards. The exercise in twelve motions is then taken three times. On the last motion the command STOP is given.

## LESSON 3.

### ARM EXERCISE.

Fundamental Position—Stand!

Right Arm sideways over Head, into Position—Raise!

1. Swing right Arm in Circle sideways right continuously in one motion—begin!
2. Swing right Arm in circle sideways left—begin!
3. Swing right Arm in Circle forwards—begin!
4. Swing right Arm in circle, backwards begin!  
Arm—Down!

Left Arm sideways over head into Position—Raise!

5. Exercises 1, 2, 3 and 4 with the left Arm!  
Arm—Down!

Arms forwards over Head into Position—Raise!

6. Swing Arms in Circle outwards continuously in one motion—begin!

EXPLANATION: The right arm swings in circle sideways to the right, and the left arm sideways to the left, simultaneously.

7. Swing Arms in Circle inwards, continuously in one motion—begin!

EXPLANATION: The right arm swings in circle sideways to the left, and the left arm sideways to the right simultaneously.

8. Swing Arms in Circle forwards, continuously in one motion—begin!
9. Swing Arms in Circle backwards continuously, in one motion—begin!  
Arms—Down!

In Place—Rest!

### TRUNK EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Roll Trunk in Circle from right to left continuously in one motion—begin!

NOTE:—See explanation to head exercise on page 42.

2. The same from left to right, in one motion—begin!  
Hands—Down!

## LESSON 4.

### LEG EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Longe sideways right in two motions—begin!

EXPLANATION: Step out sideways with the right foot in a direct line from the right ankle (about 18 inches from heel to heel); bend the right knee and place the right foot firmly on the floor forming a right angle with the left foot. Trunk and head remain in their fundamental position, their weight resting principally on the right leg. Keep the left knee straightened and let the left foot incline on its inner edge. When lunging make no noise with the feet. All the above on the FIRST motion. On the second recover to the FUNDAMENTAL POSITION.

2. Longe sideways left in two motions—begin!
3. Longe sideways right and left alternately in four motions—begin!

Hands—Down!

In Place—Rest!

### SHOULDER EXERCISE.

Fundamental Position—Stand!

1. Move Shoulders (simultaneously) forwards in two motions—begin!

EXPLANATION: On ONE both shoulders are thrown forwards as far as possible, the chest pressed inwards; on TWO shoulders and chest take their fundamental position again.

2. Move shoulders backwards in two motions—begin!

EXPLANATION: On ONE both shoulders are thrown backwards, the chest pressed outwards; On TWO fundamental position.

3. Move Shoulders forwards and backwards, alternately in four motions—begin!
4. Move Shoulders forwards and backwards in two motions—begin!

## LESSON 5.

### KNEE AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Step-position forwards right with bending left Knee in two motions—begin!

EXPLANATION: On the first motion move right foot forwards into step-position, at the same time bending the left knee forwards and outwards. The trunk and head are held erect. On the second motion straighten the left knee and close heels.

2. Step-position forwards left, with bending right Knee in two motions—begin!
3. Step-position forwards, right and left alternately, with bending Knee in four motions—begin!
4. Step-position sideways, right, with bending left Knee in two motions—begin!
5. Step-position sideways, left with bending right Knee in two motions—begin!
6. Step-position sideways right and left alternately, with bending Knee in four motions—begin!

Hands—Down!

In Place—Rest!

### TRUNK AND ARM EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

Arms forwards overhead into Position—Raise!

1. Bend Trunk forwards with swinging Arms downwards and backwards, and Arm circle inwards, in four motions—begin!

EXPLANATION: On ONE bend trunk forwards, and swing arms downwards and backwards as far as possible; on TWO raise trunk and arms to starting position; on THREE and FOUR one arm circle inwards, (right arm swings in circle to the left, the left arm to the right simultaneously).

2. Arm circle outwards and bend Trunk backwards in four motions—begin!

EXPLANATION: On ONE and TWO one arm circle outwards (right arm swings to the right, left arm to the left). On THREE bend trunk backwards; on FOUR straighten trunk to starting position.

3. Exercises 1 and 2, alternately, in eight motions—begin!

Arms—Down!

## LESSON 6.

### BREATHING EXERCISE.

Fundamental Position—Stand!

Grasp Hands backwards—Grasp!

1. Inhale, counting 75 (to yourself). Exhale compulsively—begin!

NOTE:—TEACHERS count aloud moderately fast, on 75 command: STOP! On “Stop” scholars exhale compulsively in one breath. Repeat the exercise several times.

Hands—Down!

In Place—Rest!

### LEG EXERCISE.

Fundamental Position—Stand!

Fold Arms backwards—Fold!

1. Longe forwards right in two motions—begin!

NOTE:—See explanation to “longe” sideways, page 44.

2. Longe forwards left in two motions—begin!
  3. Longe forwards right and left alternately in four motions—begin!
- Arms—Down!

## LESSON 7.

### FOOT EXERCISE.

(Similar—Consecutive—Parallel.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Step-position forwards right and raise Heels in four motions—begin!

EXPLANATION: On ONE move right foot forwards into step-position; on TWO raise left heel (raise body on both toes); on THREE lower-left heel; (right foot remains in step-position) on FOUR close heels.

2. Step-position forwards left and raise Heels in four motions—begin!
3. Step-position forwards right, raise Heels and forwards left and raise Heels in eight motion—begin!
4. Step-position sideways right and raise Heels in four motions—begin!
5. Step-position sideways left, and raise Heels in four motions—begin!
6. Step-position sideways right, raise Heels and sideways left and raise Heels in eight motions—begin!

Hands—Down!

In Place—Rest!

### ARM AND FOOT EXERCISE.

(Dissimilar—Simultaneous—Parallel.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Straighten Arms sideways with Step-position sideways right, raise Arms over Head with raising Heels, and back in reverse order in four motion—begin!

EXPLANATION: On ONE straighten arms sideways; (outwards) and move right foot into step-position sideways right; On TWO raise arms sideways overhead, and raise heels; (left heel) on THREE lower arms into position sideways and lower heels; (left heel) on FOUR lower arms and close heels.

2. The same to the left, in four motion—begin!
  3. The same right and left alternately, in eight motions—begin!
- Hands—Down!

## LESSON 8.

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

Hands over Shoulders—Place!

1. Turn Trunk to the right, with Step-position sideways right, and with straightening Arms forwards in two motions—begin!

EXPLANATION: On ONE turn trunk sideways to the right, move right foot into step-position sideways right, and straighten arms forwards; on TWO turn trunk back again, place hands over shoulders and close heels (starting position).

2. The same to the left in two motions—begin!
3. The same, right and left, alternately in four motions—Begin!

Hands—Down!

In Place—Rest!

### FACING.

Fundamental Position—Stand!

1. Right—Face!

EXPLANATION: A quarter turn to the right; raise both toes slightly and turn on the left heel.

2. Left—Face!

EXPLANATION: Execute same as facing to the right.

3. Right about—Face!

EXPLANATION: A half turn to the right; turn on the left heel.

4. Left about—Face!

EXPLANATION: Execute same as right about face.



## LESSON 9.

### TRUNK EXERCISE.

(Similar—Simultaneous—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Turn Trunk to the right and bend forwards simultaneously in two motions—begin!

EXPLANATION: On ONE turn trunk to the right and bend forwards, trunk and limbs forming a right angle. Knees must be kept straight and closed. On TWO starting position.

2. The same to the left in two motions—begin!
3. The same, right and left, alternately, in four motions—begin!  
Hands—Down!  
In Place—Rest!

### WALKING EXERCISE.

NOTE:—See First Course Page 22.

Fundamental Position—Stand!

Grasp Hands backwards—Grasp.

1. Right about—Face!  
To the lines that have to turn.
2. Mark time—March!  
Begin with the left foot, toes turned outwards and downwards.
3. Forward, (common time)—March!
4. On Toes—March!  
Feet turned outwards.
5. On Heels—March!  
Feet turned outwards.
6. Common Walk—March!
7. Mark time—March!  
Scholars have returned to their places in the aisle.
8. Class—Halt!  
After the command “Halt” take one more step with the right.
9. Right about—Face!  
To the lines that are to face front.  
Hands—Down!

## LESSON 10.

### LEG EXERCISE.

Fundamental Position—Stand!

Fold Arms backwards—Fold!

1. Longe backwards right in two motions—begin!

EXPLANATION: On ONE step backwards with the right foot, bending the right knee and keeping the left knee straightened. On TWO starting position.

2. Longe backwards left in two motions—begin!
3. Longe backwards right and left, alternately, in four motions—begin!  
Hands—Down!  
In Place—Rest!

### TRUNK, ARM AND FOOT EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand!

1. Hands on Hips, raise Heels and back in reverse order, in four motions—begin!

EXPLANATION: On ONE place hands on hips; on TWO raise both heels; on THREE lower both heels; on FOUR hands down.

2. Raise Arms forwards over Head into Position, turn Trunk to the right with Step-position sideways right and back in reverse order in four motions—begin!

EXPLANATION: On ONE, raise arms forwards overhead into position; on TWO turn trunk to the right; on THREE turn trunk back again and close heels; on FOUR lower arms forwards.

3. Exercises 1, and 2, in eight motion—begin!

## LESSON II.

### FOOT EXERCISE.

(Similar—Consecutive—Contrary.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Cross Step-position forwards right, and raise Heels, in four motions—begin!

EXPLANATION: On ONE move right foot into cross step-position forwards; on TWO raise heels (left heel); on THREE lower heels (left heel); on FOUR starting position.

2. The same forwards left in two motions—begin!
3. The same, forwards right and left, alternately in four motions—begin!
4. The same backwards right, in two motions—begin!
5. The same backwards left, in two motions—begin!
6. The same backwards right and left, alternately, in four motions—begin!

Hands—Down!

In Place—Rest!

### FOOT, TRUNK, ARM AND HEAD EXERCISE.

(Dissimilar—Consecutive—Parallel.)

Fundamental Position—Stand!

Hands on Hips—Place!

1. Step-position sideways right and left, in four motions—begin!
  2. Bend Trunk sideways right and left, in four motions—begin!
  3. Foot and Trunk movement in eight motions—begin!
  4. Straighten Arms outwards twice in four motions—begin!
  5. Foot, Trunk and Arm movement in twelve motions—begin!
  6. Bend Head sideways right and left, in four motions—begin!
  7. Foot, Trunk, Arm and Head movement, in sixteen motions—begin!
- Hands—Down!

## LESSON 12.

### ARM EXERCISE WITH FACING.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand !

1. Hands on Hips—Right Face! Straighten Arms forwards and back in reverse order, in six motions—begin!

EXPLANATION: On ONE place hands on hips; on TWO quarter turn to the right; on THREE straighten arms forwards; on FOUR place hands on hips; on FIVE quarter turn to the left; on SIX hands down.

2. The same to the left, in six motions—begin!
3. The same right and left alternately, in twelve motions—begin!  
In Place—Rest!

### HEAD, ARM, TRUNK AND LEG EXERCISE.

(Dissimilar—Consecutive—Contrary.)

Fundamental Position—Stand !

1. Bend Head forwards and backwards, in four motions begin!
2. Hands over shoulders, straighten Arms upwards and back in reverse order, in four motions—begin!
3. Head and Arm movement, in eight motions—begin!
4. Bend Trunk forwards and backwards, in four motions—begin!
5. Head, Arm and Trunk movement, in twelve motions—begin!
6. Step-position forwards right and left, with bending Knee, in four motions—begin!
7. Head, Arm, Trunk and Leg movement in sixteen motions—begin!

# FOURTH COURSE.

---

SEVENTH AND EIGHTH GRADES.

DIFFICULT COMBINATIONS  
OF  
ELEMENTARY AND COMPLEX EXERCISES.



# LESSON I.

## TRUNK AND ARM EXERCISE.

### Fundamental Position—Stand!

1. Bend Trunk backwards with swinging Arms forwards overhead, and bend Trunk forwards with swinging Arms downwards and backwards in two motions—begin!

EXPLANATION: On ONE, raise arms forwards overhead and bend trunk backwards; on TWO bend trunk forwards and swing arms downwards and backwards as far as possible. On ONE (second time) raise trunk and bend backwards, and swing arms forwards overhead. The last time on TWO command "Stop"! Raise trunk to fundamental position.

### In Place—Rest!

## ARM AND LEG EXERCISE.

### Fundamental Position—Stand!

1. Longe forwards right with swinging Arms forwards into Position; swing Arms outwards, and back in reverse order in four motions—begin!

EXPLANATION; On ONE longe forwards with the right leg and raise arms forwards into position; on TWO swing arms outwards; on THREE swing arms back to position forwards; on FOUR recover to fundamental position.

2. The same except Longe left—begin.
3. The same right and left, alternately in eight motions—begin!

## LESSON 2.

### KNEE AND FOOT EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Heel and Toe step, right, and Step-position forwards right with bending left Knee, in four motions—begin!

EXPLANATION: On ONE touch the floor with the right heel where the right toe had its position. On TWO touch the floor at the same place with the right toe, bending the right knee; on THREE move the right foot into step-position forwards; at the same time straightening the right knee and bending the left; the left foot remains flat on the floor; on FOUR starting position.

2. The same reversed—begin!
3. The same alternately, in eight motions—begin!

Hands—Down!

In Place—Rest!

### ARM, LEG AND TRUNK EXERCISE.

Fundamental Position—Stand!

1. Raise Arms sideways into position, raise overhead into position, bend Trunk sideways left and back. Longe Sideways right with Arms in position sideways, raise Arms overhead into position. recover with Arms sideways in position and Arms down, in eight motions—begin!

EXPLANATION: On ONE raise arms into position sideways; on TWO raise arms into position overhead; on THREE bend trunk sideways to the left; on FOUR straighten trunk; on FIVE longe sideways right and lower arms into position sideways; on SIX raise arms into position overhead; on SEVEN recover (close heels) and lower arms into position sideways; on EIGHT lower arms to fundamental position.

2. The same reversed—begin!
3. The same alternately, in sixteen motions—begin!



## LESSON 3.

### ARM AND LEG EXERCISE.

#### Fundamental Position—Stand !

1. Raise Arms forwards overhead into position, Longe forwards right with lowering Arms sideways into position. Recover with raising Arms overhead into position and lower Arms forwards in four motions—begin!
2. The same except longe left —begin!
3. The same, longe right and left, alternately, in eight motions—begin!  
In Place—Rest!

### ARM, FOOT AND KNEE EXERCISE.

#### Fundamental Position —Stand !

1. Hands on Hips—Step-position forwards right with bending left Knee and straightening Arms sideways and back in reverse order, in four motions—begin!

EXPLANATION: On ONE place hands on hips; on TWO move right foot into step-position forwards, bend left knee, and straighten arms sideways (outwards); on THREE place hands on hips, straighten left knee and close heels; on FOUR lower hands and arms to starting position.

2. The same except Step-position left—begin!
3. The same, Step-position right and left alternately in eight motions—begin!

## LESSON 4.

### BREATHING EXERCISE.

(Holding the Breath.)

Fundamental Position—Stand!

Hands on Head—Place!

EXPLANATION: Lay hands on the back of the head, interlocking the fingers. Press the head backwards, the chest forwards.

1. Inhale—begin!

Inhale as much air as the lungs will possibly hold.

2. Exhale slowly—begin!

TIME: 20 seconds.

3. When time is up, command—Stop!

NOTE:—Begin with twenty seconds. At proper intervals add five seconds to the time.

4. Repeat the exercise several times.  
Hands—Down!

In Place—Rest!

### FOOT AND LEG EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Cross Step-position forwards right, longe sideways right and back in reverse order in four motion—begin!

EXPLANATION: On ONE move right foot into cross step-position right (right leg crosses the left); on TWO longe sideways right; on THREE recover to cross step-position right; on FOUR starting position.

2. The same to the left, in four motion—begin!
3. The same right and left, alternately, in eight motions—begin!  
Hands—Down!

## LESSON 5.

### LEG AND ARM EXERCISE.

Fundamental Position—Stand !

1. Arms to thrust. Longe sideways right with thrusting Arms upwards and back in reverse order in four motions—begin !

EXPLANATION. On ONE raise arms to thrust; on TWO longe sideways to the right and thrust arms upwards; on THREE recover and lower arms to thrust; on FOUR lower arms to fundamental position.

2. The same to the left—begin !
  3. The same, right and left, alternately in eight motions—begin !
- In Place—Rest!

### ARM, TRUNK, FOOT AND KNEE EXERCISE.

Fundamental Position—Stand !

Hands on Hips—Place !

1. Step-position forwards right and left, with bending Knee in four motions—begin !

NOTE:—See Third Course, Page 39.

2. Hands over shoulders, straighten Arms upwards Hands over Shoulders and down in four motions—begin !
  3. Exercises 1, and 2, combined in eight motions—begin !
  4. Bend Trunk sideways right with Step-position sideways left and the opposite in four motions—begin !
  5. Exercises 1, 2, and 4, combined in twelve motions—begin !
  6. Straighten Arms outwards, raise overhead,—Hands over Shoulders and Hands on Hips in four motions—begin !
  7. Exercises 1, 2, 4, and 6 combined in sixteen motions—begin !
- Hands—Down !

## LESSON 6.

### ARM, TRUNK AND LEG EXERCISE.

#### Fundamental Position—Stand!

1. Longe forwards right with Arms to thrust, bend Trunk forwards with thrusting Arms downwards and back in reverse order in four motions—begin!

EXPLANATION: On ONE raise arms to thrust and longe forwards with the right leg; on TWO bend trunk forwards and thrust arms downwards; on THREE raise trunk and raise arms to thrust; on FOUR recover and lower arms to fundamental position.

2. The same, except longe left —begin!
3. The same, longe right and left, alternately in eight motions—Begin!  
In Place—Rest!

### WALKING EXERCISE.

#### Fundamental Position—Stand!

#### Hands on Hips—Place!

1. Right about—Face!  
To the lines that have to turn.
2. Mark time—March!
3. Forward—March!
4. Afterstep, right and left—March!

EXPLANATION: Count four. On ONE step forwards with the left foot, straightening it outwards and downwards immediately after raising it; on TWO close heels and stand still; on THREE step forwards with the right foot, as in ONE; on FOUR close heels as in TWO.

5. Forwards, Common Walk—March!
6. Mark time—March!
7. Class—Halt!
8. Afterstep, right and left and raise Heels, Forwards—March!

EXPLANATION: Count Six. On ONE step forwards with the left foot; on TWO close heels; on THREE step forwards with the right foot; on FOUR close heels; on FIVE raise both heels; on SIX lower heels.

9. Forwards, Common Time—March!
10. Mark Time—March!

The lines have returned to their respective aisles.

11. Class—Halt!
12. Left about—Face!

This to the lines that have to face front.

Hands—Down!

## LESSON 7.

### ARM AND LEG EXERCISE.

Fundamental Position—Stand !

Hands on Hips—Place !

1. Longe sideways right with straightening Arms forwards, in two motions—begin !

EXPLANATION: On ONE longe sideways to the right and straighten arms forwards; on TWO recover and place hands on hips.

2. The same to the left—begin !
3. The same, right and left, alternately, in four motions—begin !
4. Arms to thrust, thrust upwards and back, in four motions—begin !  
EXPLANATION: On ONE place arms to thrust; on TWO thrust arms upwards; on THREE lower arms to thrust; on FOUR place hands on hips.
5. Exercises 3 and 4, combined in eight motions—begin !

Hands—Down !

In Place—Rest !

### ARM AND FOOT EXERCISE.

Fundamental Position—Stand !

Hands on Hips—Place !

1. Cross Step-position forwards right, Step-position sideways right with bending left Knee, straighten Arms outwards, Hands on Hips in four motions—begin !

EXPLANATION: On ONE move right foot into cross-step-position forwards; on TWO move right foot into step-position sideways right and bend knee ; on THREE straighten arms outwards, straighten left knee and close heels; on FOUR place hands on hips.

2. The same to the left—begin !
  3. The same, right and left alternately, in eight motions—begin !
- Hands—Down !

## LESSON 8.

### ARM, LEG AND FOOT EXERCISE.

Fundamental Position—Stand!

1. Step-position forwards right, with raising Arms forwards overhead, Longe sideways right with lowering Arms into Position sideways and back, in four motions—begin!

EXPLANATION: On ONE raise arms forwards into position over head and move right foot into step-position forwards; on TWO longe sideways right and lower arms into position sideways; on THREE recover to step-position forwards and raise arms into position overhead; on FOUR lower arms forwards and close heels.

2. The same to the left—begin!
3. The same right and left, alternately, in eight motions—begin!  
In Place—Rest!

### ARM, TRUNK AND LEG EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Longe sideways right, bend Trunk sideways right with straightening Arms outwards and back in four motions—begin!

EXPLANATION: On ONE longe sideways to the right; on TWO bend trunk sideways right and straighten arms outwards; on THREE straighten trunk and place hands on hips; on FOUR recover to starting position.

2. The same to the left,—begin!
3. The same right and left, alternately in eight motions—begin!  
Hands—Down!

## LESSON 9.

### ARM, FOOT AND KNEE EXERCISE.

#### Fundamental Position—Stand!

1. Raise Arms sideways right with Step-position sideways left and bending right Knee in two motions—begin!

EXPLANATION: On ONE raise both arms sideways right, (the left arm in bent), bend right knee and move left foot into step-position sideways left; on TWO recover to fundamental position.

2. The same reversed—begin!
3. Exercises 1, and 2 in four motions—begin!
4. Hands on Hips, bend Knees, and back in four motions—begin!

EXPLANATION: On ONE place hands on hips; on TWO bend both knees forwards, knees open when bending, trunk is held erect on the hips; on THREE straighten and close knees; on FOUR hands down.

5. Exercises 3 and 4, combined in eight motions—begin!  
In Place—Rest!

### ARM, TRUNK AND LEG EXERCISE.

#### Fundamental Position—Stand!

#### Arms to thrust—Place!

1. Longe sideways right, turn Trunk to the right and bend forwards with thrusting Arms downwards, and back in four motions—begin!

EXPLANATION: On ONE longe sideways to the right; on TWO turn trunk to the right, bend trunk forwards and thrust arms downwards; on THREE raise trunk, place arms to thrust and turn to the left; on FOUR recover to starting position,

2. The same to the left—begin!
3. The same right and left, alternately, in eight motions—begin!  
Arms—Down!

## LESSON 10.

### ARM AND LEG EXERCISE.

Fundamental Position—Stand!

1. Longe forwards right, with folding Arms backwards in two motions—begin!
2. Longe backwards left, with raising Arms forwards overhead in two motions—begin!
3. Exercise 1 and 2 alternately in four motions—begin!
4. Longe forwards left with raising Arms sideways into position in two motions—begin!
5. Longe backwards, right with placing Hands on Hips in two motions—begin!
6. Exercises 4, and 5, alternately in four motions—begin!

In Place—Rest!

### ARM, TRUNK AND LEG EXERCISE.

Fundamental Position—Stand!

Hands on Hips—Place!

1. Longe sideways right, with placing Hands over Shoulders. Turn Trunk to the left with straightening Arms forwards and back in four motions—begin!

EXPLANATION: On ONE longe sideways to the right and place hands over shoulders; on TWO turn trunk to the left and straighten arms forwards; on THREE turn trunk to the right again and place hands over shoulders; on FOUR recover to starting position.

2. The same to the left—begin!
3. The same, right and left, alternately, in eight motions—begin!

Hands—Down!



## LESSON II.

### ARM AND LEG EXERCISE.

Fundamental Position—Stand!

1. Longe forwards right, fold Arms backwards in two motions—begin!
  2. Longe forwards left, fold Arms forwards in two motions—begin!
  3. Longe sideways right, Hands on Hips, in two motions—begin!
  4. Longe sideways left, Hands over Shoulders in two motions—begin!
  5. Longe backwards right, Arms in Position sideways, in two motions—begin!
  6. Longe backwards left, Arms (forwards) in Position overhead, in two motions—begin!
  7. Exercises 1, 2, 3, 4, 5 and 6 combined in twelve motions—begin!
- In Place—Rest!

### ARM, TRUNK AND LEG EXERCISE.

1. Arms to thrust. Longe sideways right with turning Trunk to the left and with thrusting Arms forwards and back in four motions—begin!

EXPLANATION: On ONE place arms to thrust; on TWO longe sideways to the right, turn trunk to the left and thrust arms forwards; on THREE turn trunk back again (to the right), and place arms to thrust and recover (close heels); on FOUR lower arms.

2. The same to the left—begin!
3. The same right and left, alternately in eight motions—begin!

## LESSON 12.

### HAND, ARM, FOOT AND KNEE EXERCISE.

#### Fundamental Position—Stand !

1. Hands on Hips, Step-position forwards, right and left alternately, with bending Knee, clap Hands, and Arm circle inwards twice, in eight motions—begin !

EXPLANATION: On ONE place hands on hips; move right foot into step-position forwards and bend left knee; on TWO straighten knee and close heels; on THREE move left foot into step-position forwards and bend right knee; on FOUR straighten right knee and close heels; on FIVE clap hands forwards; on SIX place hands on hips; on SEVEN straighten arms upwards and arm circle inwards; continue the arm circle to starting position on EIGHT.

#### In Place—Rest !

### ARM, TRUNK AND LEG EXERCISE.

#### Fundamental Position—Stand !

1. Longe forwards right with Arms to thrust; thrust Arms forwards. Swing Arms outwards, and back. Fold Arms backwards, and bend Trunk forwards. Raise Trunk and thrust Arms forwards. Arms to thrust and recover to Fundamental Position, in eight motions—begin !

EXPLANATION: On ONE longe forwards right and place arms to thrust; on TWO thrust arms forwards; on THREE swing arms outwards (hands closed); on FOUR swing arms back into position forwards (hands closed); on FIVE fold arms backwards (hands open) and bend trunk forwards; on SIX raise trunk and thrust arms into position forwards (hands closed); on SEVEN place arms to thrust; on EIGHT recover to fundamental position.

2. The same, except longe forwards left—begin !
3. Exercises 1 and 2, combined, in sixteen motions—begin !

